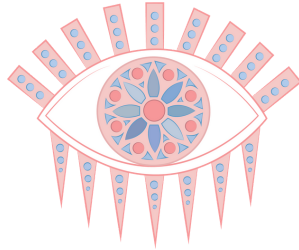


# Raise Your Vibration

## CHECKLIST



- PRACTICE GRATITUDE
- GET IN SOME SUNSHINE
- FACETIME A FRIEND
- PAMPER YOURSELF
- LISTEN TO UPLIFTING MUSIC
- GET YOUR BODY MOVING
- LISTEN TO A PODCAST
- LAUGH

*Vibe high and the magic around you will unfold.*